

DINNERLY



Balanced Moroccan Beef with Brown Rice Tabouleh



30 minutes



2 Servings

Stir-fry beef in aromatic spices and prepare a nourishing brown rice and tomato tabouleh for a healthy, Moroccan-inspired dinner – and an adventure into new flavours.

WHAT WE SEND

- 125g brown rice
- 1 kumato tomato
- parsley
- 1 red onion
- beef stir-fry
- 10g Moroccan seasoning ¹⁷

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1¼ tbs olive oil
- 1 tbs white wine vinegar ¹⁷
- 1 tsp honey

TOOLS

- medium saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 565kcal, Fat 17.0g, Carbs 52.5g, Proteins 47.0g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain. Return to the pan.



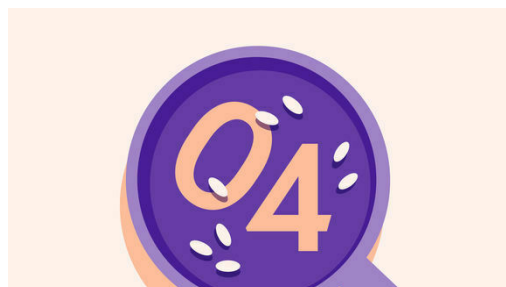
2. Prep ingredients

Meanwhile, finely chop the **tomato** (see Did you know?). Finely chop the **parsley**, including the stems. Finely chop **half the onion***. Crush or finely chop **2 garlic cloves**.



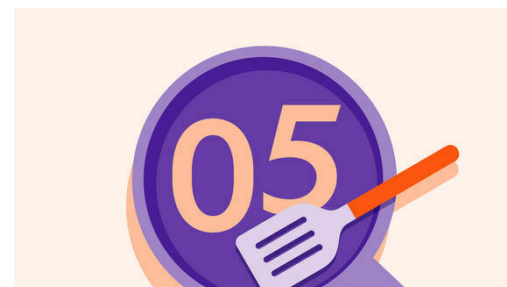
3. Make dressing

Put **3 tsp olive oil**, **1 tbs white wine vinegar** and **1 tsp honey** in a bowl. Season with **salt and pepper** and stir to combine.



4. Cook beef

Separate the **beef stir-fry** into a bowl. Add the **garlic**, **Moroccan seasoning** and **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Heat a medium frypan over high heat until very hot. Stir-fry the beef for 2 mins or until browned. Remove the pan from the heat.



5. Serve up

Add the **tomato**, **parsley**, **onion** and **dressing** to the rice and toss to combine. Taste, then season with **salt and pepper**. Divide the **rice tabouleh** and **beef** among bowls and enjoy!



6. Did you know?

Meet the kumato tomato! It's a cross between a wild and domestic tomato. What makes it unique is that it can be eaten at any stage of ripeness – it starts off green, turns dark brown, then dark red – with each stage having a slightly different taste and texture.